

Foreword by  
Alicia Silverstone

# I'M MAD AS HELL, and I'm Not Going to Eat It Anymore!

Taking Control of Your  
Health and Your Life—  
One **Vegan** Recipe  
at a Time

**Christina Pirello**

Award-winning host of national public  
television's *Christina Cooks* and author of  
*Cooking the Whole Foods Way*



Christina Pirello

I'm Mad As Hell, and I'm Not Going to Eat it Anymore: Taking Control of Your Health and Your Life--One Vegan Recipe at a Time



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Christina Pirello, chef, teacher, award-winning television web host, and vocal advocate for healthy living, is mad as hell-and she is going to do something about it!But she goes beyond an angry diatribe showing you ways to take responsibility on your own health and well-being even when confronted with overwhelming odds.In this, her most ambitious and passionate publication to date, Pirello assumes the food establishment, big pharma, internet marketers, the government, and nongovernmental health agencies in a sweeping and well-argued indictment of the roles these organizations perform in the demise of our collective health, our health and wellness care program, and our world.As practical as it is inspirational, this publication also features cooking techniques, suggestions for stocking a pantry, and a lot more than 125 vegan dishes, including "Armed with the info and information that Pirello has provided in her accessible signature style, which includes already garnered thousands of loyal fans for her books, shows, and content articles, anyone can take those first critical steps on the way to total health and wellness. Step-by-step, Pirello guides you to a knowledge of the sources of this country's main health problems and offers solutions that display how to create transformation, whether you are acquiring the first tentative guidelines toward healthier eating or are prepared for a full- on dedication to embracing a totally plant-based diet and vegan way of life.makeovers" of family members favorites.



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Easy to embrace Vegan mindset! I've tried a few of the techniques and quality recipes and I have already been made into quite a believer. Has good quality recipes also. Really Teaches approximately the chemical & Another set are freed from this mindset. I am changing to a Vegan diet plan "one recipe at the same time" as she says. This boosts my confidence and I'm not overwhelmed. The recipes are easy to make and delicious. She also provides lists for stocking your pantry & Thank you, Christina! Five Stars Very insightful, and interesting info. My daughter dived in to the information regarding food and food ingredients but has yet to utilize the recipes. If i had only 1 book about healthy food and how to eat right this might end up being it. don't recall learning all this in my Nutrition class. Great tasting and health promoting dishes are included that actually beginners can make and enjoy. Five Stars LOVE IT I loved the test of the book even though it made .I've simply started reading it myself and find that you could gain a great deal of understanding about what you eat, which depending on your diet might not be all that appetizing I am MAD as Hell If you are seriously interested in taking back you health and actually want to know why our food may be the way it is today this reserve is for you. Five Stars Great Reserve!.. We watch her programs on PBS. Really opened my eyes. We really learned a whole lot about how different additives & I used to be a Registered Nurse in a past existence & foods affect your body from reading this book. If you can just read one publication about our food supply and learn how it has gotten to the stage of not even being meals this is the book for you. I've been searching for this for a long time! Great information and I am loving the recipes as well. Good read and great recipes I like that she encourages you to help ease into things a single meal at the same time, gives information regarding modern foods that appear to be a nutritive supply (but find yourself not), and you are encouraged to check things out yourself. Loaded with facts and personality. Good to have this reserve on hand, whether you would like to convert to vegetarian or not, it does hurt to try it. The first dishes are "makeovers" of foods I'm used to. toxins we eat Daily! Extremely interesting book, about how exactly we are fooled by our food.Christina understands the task of making a transition to a Vegan diet because she has made it so easy for me personally. I am not a vegan, but value the information in this book. Christina is great! good vegan meals if you want to take time to find a few of the substances some aren't in regular grocery stores need to go to a well stocked wellness grocery like nori agar agar etc though very good for you all natural no meat tofu etc. I chose this reserve after seeing "Christina Cooks" on PBS. She actually is extremely lively and has a smart way of presentation. More folks should follow her healthy advice and quality recipes.I would recommend this and some of her works to people looking for a great way of healthy taking in and living. I like to study from Christina Pirello. As always, Christina is great! I'm Just Say'in I purchased this book because We started watching Christina in Create and my child went Vegan. I've recommended and given this book to so many people... I loved the test of this book even though it made me "mad as hell". fridge to help make the change to a more healthy cooking/eating/lifestyle. good vegan food if you want to make an effort . Four Stars Good information.



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